

# Suicide rates/trends and antidepressant prescribing in Italy and Ticino Canton, Switzerland

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Propositions belonging to the thesis

**Suicide rates and antidepressant prescribing in Italy and Ticino Canton,  
Switzerland**

Giuseppe Guaiana  
Maastricht, 25 October 2012

1. Suicide rates in Italy are declining but mainly in the elderly. In young people, suicide rates are on the rise. It appears that social unease among young people is on the rise in Italy
2. Antidepressants can have an important role in preventing suicide, as they can improve depression, which is often linked to suicide. However, it appears that elderly mainly gained from antidepressant prescribing
3. We should not neglect the role of personality disorder in suicide, in particular when associated to a mood disorder, in Italy and elsewhere
4. Cultural factors play a role in suicide
5. Psychiatry needs to improve in finding a valid and reliable classification system
6. Psychological therapies must undergo rigorous empirical investigation to ascertain their efficacy, otherwise they are no better than friendly talking
7. Hope is the willingness to persist with one's goals despite obstacles and setbacks. Hope should part of any mental health rehabilitation plan
8. "The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny" (Albert Ellis)
9. "Sometimes even to live is an act of courage" (Seneca)
10. "Codesto solo oggi possiamo dirti / ciò che non siamo, ciò che non vogliamo"  
[All I can tell now is this / what we are not, what we do not want] (Eugenio Montale)